

# HOMEMAKING ENTERTAINING FASHIONS

## GREETINGS TO AUTUMN AS SUMMER SAYS GOODBY



### THE SPORTS HAT IS BEAUTIFUL

NEVER has the sports hat reached such beauty and luxury as this summer's models are showing. In their gray silk coats and graceful sports hats women make charming pictures of color against this summer's background of green and sea blue. During the disembarking from a large sailboat that carries summer people across a Long Island bay to ocean and dunes, one Sunday morning recently, the long procession of women in gorgeously colored coats and hats aroused many expressions of delight from a group of spectators seated on a hotel veranda near by.

The long pier seemed fairly alive with brilliant flowers, ranging through the golden yellows, deep orange, rose, peonies and dahlias pinks and exquisite blues. Cretonne crowned straw sports hats with wide brims are especially pretty, and the basket hats with ribbon bands and streamers have a charm all their own. One of these basket hats in white has a crown of glazed black straw, with bands of white and black ribbon. Shade hats for country wear by means of a blue lace which is run through embroidered eyelets.

Other hats of panama show crowns of cretonne with trimming bands of silk fringe. Some young women match their silk coats with hat scarves of colored pussy willow silk and wear silk stockings in the same shade below skirts of white linen.

**A TENNIS DRESS.**  
THERE was a time when girls who played tennis felt quite comfortable wearing linen middie or old shirt waist suits on the tennis court, but today the ultra smart girl wears clothes that have just as much style and attractiveness as do the clothes she wears to social functions.

One dress which has been especially designed for an athletic season is of white voile. The top of the skirt is laid in plaits. The bottom is finished with a wide band of blue linen. The bodice fits snugly and yet is made so that the arms can move freely and is fastened by means of a blue lace which is run through embroidered eyelets.

### FOR THE MOUNTAIN GIRL

EVENING wraps, folding like square blankets about the shoulders, are used extensively by fashionable women. They are made of every variety of materials and in all colors.

Chief among them is one made in rose panne velvet, fitting loosely about the shoulders to represent the Indian blanket and folded crosswise. Below the shoulder a seven inch band of plaid velvet is attached to give the appearance of a cape. It is three-quarter length, with the long back pointed and finished with a tassel at the point.

Another of Nile green is made of taffeta-silk. From the waist it looks like

a full skirt, but the top resembles the top of a shawl, with shell pink or ivory white. The skirt is fastened about the waist, and when one is standing the top falls and looks like a huge shell overskirt. The effect is striking and artistic.

Another is a loose cape, draped from a beautiful shawl, brought to this country more than fifty years ago. The color is one now among the very popular rose shades, with fringe twelve inches wide. A black, flowing collar is attached, the whole making a beautiful wrap.

### THE CITY GIRL ON VACATION

CITY girls who spend much of their vacation time in walking or other steady exercise usually find that they tire very quickly. In fact, many cases have occurred where girls have returned from their holidays more exhausted than when they went away. The unusual exercise, unless taken in moderation and in the proper way, is more apt to fatigue than to strengthen. The average girl is apt to overdo just as much when it comes to health seeking as when it is a question of pleasure seeking.

Now, exercise is essential to well being, to glowing health and happiness. Out of door vigorous exercise does more to strengthen the muscles and set the blood to circulating than any tonic or medicine. But, like everything else, exercise is only valuable when taken in the right proportions. If overdone it can easily result in more harm than good.

You do not expect a baby to stand on its feet and run when it is still crawling. No more should you expect your body to run and jump and swim when it has been accustomed to nothing more vigorous than clicking a typewriter or striking piano keys. If you tried to force the progress of the baby's locomotion, you would soon find that the little one would come to grief. So will your body fail if you force it beyond its limit.

The proper amount and kind of exercise will not only strengthen your body, but will enlarge your physical resources. But to force the capabilities of your body beyond the endurance limit is reckless and criminal.

If you are quite unused to exercise do not try to accomplish too much the first few days of your vacation. Do not try to play tennis and golf, to ride horseback, to swim and to take long

walks all at once. The first day of unaccustomed exercise should be interrupted by frequent and lengthy rests. Do not attempt to walk miles on your first walking trip, but just tramp until you are tired and then stop. Never wait until you are too exhausted to go any farther, but stop when you are pleasantly fatigued.

Gradually you can increase the amount of your exercise. From a half hour's tennis on the first day you can work up to an hour or an hour and a quarter's playing by the end of the ten days. The first mile may be lengthened by degrees to five or ten a day during the first fortnight. The fifteen minutes swim of the first day may be stretched out to forty minutes in the water, and so on. By gradually increasing the amount of your exercise you will avoid that complete exhaustion which always follows overdoing in any direction, and you will be obtaining the greatest benefit from your vacation.

Now as to exercising in the right way. You would be surprised to know how much difference your clothes can make in the benefit derived from outdoor exercise. You can walk and play and swim all to no avail, as far as the acquisition of health and strength goes, if you are clothed in a harmful way.

Tight stays should be religiously avoided during vacation days. If you can wear middie suits and do without the corsets entirely, so much the better. But if you feel that you must wear your corsets in order not to lose your shape, or your figure keep them just as loose as possible. Loose clothes, low collars and comfortable stays are most necessary items in the search for health through the medium of exercise.

Shoes for vacation wear should be chosen with an eye to protecting the feet against stones and brambles. Heavy but pliable soles, flat rubber heels, ankle high tops, these make up the right kind of walking shoes. When you set out for a walk which may be through a particularly wild stretch of country wear canvas leggings and short skirts and you will be saved many rough and ragged cuts and scratches from briars and barbed wire fences.

If you wish to derive the most good from your out of door exercise, you must use even more common sense than is necessary for ordinary things. Rightly and sufficiently used, exercise will build and strengthen you, but there is such a thing as too much.

### HINTS FOR SEPTEMBER

PLAIN felt hats, untrimmed, are worn for sports. They are made in bright yellow, green, blue and pink, and also in white.

Smocks are now made of jersey cloth and are delightfully soft and supple, in spite of their fullness.

Beads are embroidered in a design that incrusts the ends of some of the new black silk and satin hand bags. They are mounted in silver and have strap handles of ribbon or stitched silk.

Cretonne flowers are cut out and glued on the crowns and brims of white hats. They make effective trimming, and, of course, when they fade or become tiresome they can easily be removed with the aid of a little water.

A white silk tam-o'-shanter hat shows a worsted cord and tassel as its only decoration.

The new skirts in black and white stripes, of cloth and silk, are made so that the black stripe overlaps the white, and at the hips only the black

shows. Lower, where the stripes open out, the white is visible.

Wide awning striped ribbons are formed into belts, with buckles of silver or brass, to wear with white skirts and blouses.

Crepe de chine hats are not a novelty, but there are some especially pretty midsummer models of this fabric. Sometimes a soft ruching of the fabric encircles the crown, and sometimes a little frill of it is laid around the brim.

Pockets that apparently or really button over the belt are much used on frocks and coats for both children and grownups.

Big Quaker collars are made in many materials. First of organdie or other plain, sheer white fabric, they are now made of white or colored mull and even of lace or all over embroidery.

There are to be some petticoats with jersey tops, and these, of course, wear far better than the petticoat that is all taffeta. For a new blouse can easily be put in place of the first one when that becomes worn.

### LURE OF THE PATCHWORK QUILT

THE four post bedstead to be truly fashionable in effect now must have its old fashioned patchwork quilt. Some women are copying genuine old quilt patterns, and others are evolving patterns of their own, the colored bits of fabric being combined with plain or flowered materials in quite charming effects.

One may start a silk patchwork quilt or a cotton quilt. The former is easier to make because of the softness of the silk, but the cotton patchwork is equally smart and may be equally attractive if the pattern is well worked out. Scraps cut from old dancing frocks of pussy willow taffeta or gold-embroidered satin in pastel colorings make very dainty quilts for the boudoir, chaise-longue, the satin and taffeta fabrics in combination achieving a variety in luster, while the matching of the colors gives the color design.

Quilts of flowered and plain silk are also pleasing. One charming quilt of this kind was evolved from a castoff evening coat of pink faille classique silk in a delicate white pussy willow taffeta. The pattern was done in

blocks, flowered and plain silks cut in triangles, and the blocks were joined with strips of pink satin ribbon. Such a quilt must be lined with thin silk in plain color, an interlining of thin cotton wadding being put between. Then, stretched over a quilting frame, the finishing touch—quilting with exquisitely fine hand stitches—is added.

#### For Woman's Delectation

JERSEY scarfs in wide stripes are used about the neck as girdles with white morning frocks.

Velvet parasols have followed velvet hats into popularity. One is made of black velvet, with a plain bright green silk center.

Sleeves on some of the new evening frocks are no more than little ruffles, sometimes of tulle edged with beads and sometimes held out with a flexible wire at the lower edge.

### USE FOR OLD LAMP FRAME

HAVE you in your collection of relics a wire frame left from a worn-out lamp? If so the following suggestion will make it possible for you to root out the frame and put it to good use. After removing the dust set the exact measurements from top to bottom and the size of the open space at the top. With these figures in your mind or on your memorandum pad buy sufficient asbestos to cover the entire frame or

buy muslin and lamb's wool to make a padding to be placed around the frame; then purchase sufficient silk, linen or cretonne to cover the heat proof frame. At the top of the shade place a doll's head to act as a handle, or if your finer sensibilities will not permit of such a thing use a loop of cording for the purpose. By this time you are anxious to know what is to be done with the covered frame. It is to act as a cozy for your teapot.

#### Woman's Enlarging Sphere

THE proposed employment of women as bus and tramcar conductors has been abandoned in Birmingham, England, the men having refused either to teach the women their duties or to move the vehicles on which they are engaged.

Miss Theodora Keith of Weymouth, Mass., associate member and bugler of Reynolds post, G. A. R., is the only woman on the roll of the Grand Army of the Republic. She is only sixteen years of age and is official bugler of the post.

It is proposed to establish somewhere in the west of England a training school where women police can be trained for work outside of London.

So far all the 150 women police in England have been trained in London. Thousands of washerwomen employed in the public wash houses of Paris are facing a serious crisis. After one year of war many families whose budgets have diminished are retrenching and are using oilcloth instead of linen on the table and doing their own washing and laundry work.

Miss Agnes Cecilia Wright, a Chippewa Indian girl from northern Minnesota, has enrolled as a student in a Washington business college, where she expects to enlighten herself enough to pass a civil service examination and receive an appointment upon merit and not because she is an Indian.

In the forty-three years she has been carrying the mail from the trains to the postoffice at Lancaster, Pa., Mrs. Samuel Walters has made 100,000 trips without missing a mail.